

It's a Veggie!



And You'll Love It!

Vegetable recipes that your family will love

Vegetables can add color, texture and flavor to meals. This cookbook will give you some ideas on how you can make meals more special with vegetables.

The Women, Infants and Children (WIC) Nutrition Program and the WIC Farmers' Market Nutrition Program (where available) help eligible participants eat more fruits and vegetables for a healthier diet.

A diet that is rich in fruits and vegetables has been shown to reduce the risk of chronic disease and promote wellness. This is the basis of the National 5-A-Day Program.

The 5-A-Day for Better Health Program has established standards for recipes that can be labeled as Official 5-A-Day Recipes.



Official 5-A-Day Recipes

- * must contain at least one serving of fruit or vegetables.
- * contain *no more* than:

30% of calories from fat

10% of calories from saturated fat

100 milligrams of cholesterol per serving

480 milligrams of sodium per serving

This Cookbook. . .

- • • contains some recipes that meet the 5-A-Day standards. These recipes are labeled with the Official 5-A-Day logo.
- • • also contains recipes that do NOT meet the 5-A-Day criteria. These recipes may not have a full serving of vegetables or they may be a little higher in fat.



These recipes are especially good *for people who don't normally eat vegetables*. They are delicious examples of how you can “sneak” vegetables into your meals.

- • • contains recipes using fresh vegetables that can be obtained at farmers' markets, if they are offered in your area.



Remember:

Wash all vegetables before cooking / eating.
Every time you add even a little vegetable to your food, you are helping your body and your family.
Enjoy these great-tasting vegetable recipes!

Noodles & Cabbage Salad



- 1 (7 ounce) package ring macaroni
- 2 cups shredded cabbage
- 1 cucumber, peeled and chopped
- $\frac{1}{2}$ cup green pepper, chopped
- $\frac{1}{2}$ cup onion, chopped



Dressing:

- $\frac{1}{2}$ cup non-fat plain yogurt
- $\frac{1}{2}$ cup low-fat mayonnaise
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup vinegar



Cook macaroni in boiling water. Drain macaroni and let cool. Mix macaroni, cabbage, cucumber, green pepper and onion together. Combine mayonnaise, yogurt, sugar and vinegar. Stir this dressing into salad and serve. Makes 6 servings.

Garden Salad



- 1 cup shredded lettuce
- 1 cup diced tomatoes
- 1 cup shredded carrots
- $\frac{1}{4}$ cup low-fat ranch dressing

Mix vegetables together; toss with dressing. Makes 2 servings.

Microwave* Cauliflower

- 1 medium head cauliflower
- ¼ cup water
- ½ cup light salad dressing
- 1 teaspoon chopped onion
- 1 teaspoon prepared mustard
- ¼ teaspoon salt
- ½ cup shredded cheddar cheese



Place cauliflower and water in glass casserole dish. Cover and microwave on high for 9 minutes. Drain.

Combine salad dressing, onion, mustard and salt in bowl. Spoon over cauliflower. Sprinkle with cheese.

Microwave 2 to 3 minutes on medium to heat topping and melt cheese. Let stand for 2 minutes. Makes 6 - 8 servings.

** Cauliflower may also be steamed in water in a pot on the stove until tender. Drain water. In a separate container, combine the other ingredients. Heat until the cheese melts (use a double-boiler. Pour the topping over the cauliflower, and serve.*



Cheesy Vegetables

Cook broccoli or other vegetables. Refer to individual vegetable cards for stovetop cooking instructions. Sprinkle with grated cheese or cheese spread. Melt cheese and eat.

Glazed Carrots



- 12 small carrots, washed and trimmed
- 2 tablespoons margarine
- 1 tablespoon brown sugar
- 2 tablespoons honey (optional)*



Cook carrots in small amount of boiling water for 10 minutes. When tender, drain and set aside.

Melt margarine in medium skillet. Add sugar and honey and blend. Add carrots. Cook 3 minutes over low heat, stirring so each carrot is glazed. Makes 6 servings.

*** CAUTION:** *Do not use honey for infants less than 12 months of age.*



Candied Baked Squash



- 1 small acorn squash
- 2 teaspoons margarine
- 4 teaspoons brown sugar

Cut squash in half and remove seeds. Place cut side down in shallow baking pan with about ½ inch of water.

Bake in 350° oven for 30 minutes. Turn squash so the cut side is facing up. Put 1 teaspoon margarine and 2 teaspoons brown sugar in each half. Bake for 20 to 30 minutes longer. Makes 2 servings.

Festive Peas



- 2 cups cooked peas
- 2 green onions, chopped
- 2 tablespoons water
- 2 tablespoons imitation bacon bits (optional)
- 2 teaspoons margarine
- 1 (2 ounce) jar chopped pimento, drained (optional)
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon ground nutmeg
- $1\frac{1}{2}$ tablespoons chopped fresh parsley



Combine green onions, water, bacon bits and margarine in microwave safe bowl.* Cover with wax paper. Microwave on high for 1 minute. Let stand 3 - 4 minutes to cool.

Combine onion mixture and peas in large bowl. Add pimento, ground pepper, nutmeg and parsley.

Cover bowl with wax paper and cook in microwave on high for 1 - 2 minutes, or until heated through. Serve immediately.

Makes 4 servings.

** Peas may be cooked on the stovetop in water in a sauce pan. After heating, drain water, add the other ingredients, and heat through.*

Chow-Down Chowder



- 1 (14½ ounce) can chicken broth
- 1 cup fresh broccoli, cut up
- 1 cup sliced fresh mushrooms
- ½ cup chopped onion
- 1 tablespoon margarine
- 2 tablespoons flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 (13 ounce) can evaporated fat free milk
- 1 cup cooked corn, drained



In a small sauce pan, bring broth and broccoli to boiling. Reduce heat, cover and simmer for 5 minutes. Do not drain. Set aside.

Place margarine in large sauce pan. Add the mushrooms and onions; cook until tender. Stir in flour, salt and pepper. Add milk. Cook and stir until thickened and bubbly. Cook 1 minute more.

Stir in corn, and then add the broccoli with broth. Heat through. Serve with crackers, if desired. Makes 6 servings.

Super Spuds

4 Russet or Idaho potatoes

Toppings of your choice (see below)



Wash potatoes with warm water and scrub to remove dirt from the skins. Poke holes in the potatoes with a fork.

Bake the potatoes in 375° oven for about 1 hour. (If you prefer, microwave on high for 6 - 8 minutes.)

Makes 4 servings.

Pick Your Potato Topping:

(after baking the potato, cut open and insert topping of your choice)

Ricotta Cheese and Spices Topping

Mix 2 cups part skim ricotta cheese with ¼ teaspoon black pepper and ½ teaspoon dried parsley.



Yogurt and Broccoli Topping

Mix 1 cup low fat plain yogurt with 1 cup cooked chopped broccoli and ¼ teaspoon black pepper.



Chili and Cheese Topping

Mix 1½ cups vegetarian baked beans with ¼ cup shredded mozzarella cheese.



Mexican Topping

Top baked potato with 1 tablespoon shredded cheddar cheese and ¼ cup salsa.

Confetti Meatloaf

½ cup scallions or onions, chopped
½ cup red bell pepper, chopped
⅓ cup zucchini, finely chopped
1 teaspoon minced garlic
⅔ cup frozen chopped spinach
½ teaspoon black pepper
¾ teaspoon salt
½ teaspoon rosemary
½ teaspoon thyme
1 pound lean ground beef
1 large egg
¼ cup dry breadcrumbs
2 tablespoons fat free milk



Mix together scallions, bell peppers, zucchini, garlic, spinach, black pepper, salt and herbs. Add the ground beef, egg, breadcrumbs and milk to the vegetables and mix together. Place the mixture into a loaf pan and bake in an oven at 375° for 35 to 40 minutes. Makes 6 servings.

Cabbage Rolls

1 medium head cabbage	1 tablespoon dried parsley
1 pound lean ground beef	$\frac{1}{2}$ teaspoon salt
1 can (15 ounces) tomato sauce, divided in half	$\frac{1}{2}$ teaspoon dill weed
1 small onion, chopped	$\frac{1}{8}$ teaspoon black pepper
$\frac{1}{2}$ cup uncooked rice	2 cups fresh tomatoes
	$\frac{1}{2}$ teaspoon sugar

Remove core from cabbage. In a large kettle, cook cabbage in boiling water for about 3 minutes. Remove 12 outer leaves when soft, and let cool, setting aside the remaining cabbage. Drain and remove thick center veins from the 12 leaves.

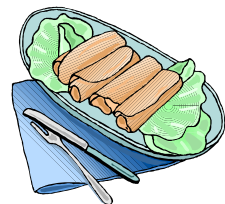
Combine ground beef, $\frac{1}{2}$ cup tomato sauce, onion, rice, parsley, salt, dill weed and black pepper. Mix well.

Place about $\frac{1}{4}$ cup of meat mixture on each cabbage leaf. Fold in sides and roll up to completely enclose filling.

Slice up the remaining cabbage and place in casserole dish. Arrange cabbage rolls, seam side down, over cabbage.

Combine tomatoes, sugar and remaining tomato sauce. Pour over the rolls. Cover and bake in 350° oven for 1½ hours. Drain excess fat, and serve.

Makes 6 - 8 servings.





Small Fry Stir-Fry



1 tablespoon oil
2 cups thinly sliced carrots
1 cup fresh pea pods
1½ cup broccoli pieces
½ pound chicken,
 cut in bite size pieces
2 cups hot cooked rice

Sauce

⅓ cup water
2 tablespoons lite soy sauce
2 teaspoons cornstarch
⅛ teaspoon garlic powder
⅛ teaspoon ground ginger
⅛ teaspoon black pepper

For sauce, in a small bowl stir together water, soy sauce, cornstarch, garlic powder, ground ginger and black pepper. Set sauce aside.

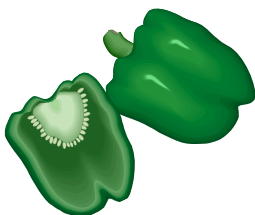
Preheat 12-inch skillet over medium heat. Add oil. Add carrots and broccoli; stir-fry over high heat about 3 minutes.

Add pea pods and stir fry 1 minute more. Remove vegetables from skillet.

Add chicken to skillet. Stir-fry about 3 minutes or until meat is cooked. Add sauce and cook until thick and bubbly. Cook and stir 1 minute longer.

Return stir-fried vegetables to skillet. Stir all ingredients to coat

with sauce. Cook and stir 1 minute longer. Serve over rice.
Makes 4 servings.



Veggie Roll ups

- 2 (8 inch) flour tortillas
- ½ cup chopped broccoli
- ½ cup thinly sliced zucchini
- 2 tablespoons red bell pepper strips
- 3 medium mushrooms, sliced
- 2 tablespoons shredded Monterey Jack cheese

Pierce tortillas several times with a fork. Place between 2 paper towels and microwave on high for 1 - 2 minutes. Transfer to serving dish.

Mix vegetables together and place in a microwave safe container. Add 1 teaspoon water. Cover and microwave 1 to 2 minutes.

Arrange vegetables on tortillas. Sprinkle cheese on top and microwave on high for 30 seconds or just until cheese melts. Roll up and serve immediately. Makes 2 servings.



Corn on the Cob

Peel husks off corn. Place in boiling water 10 minutes. Remove corn. Cool slightly,

and enjoy!



for

Pumpkin Custard



- | | |
|---------------------------------|-------------------------|
| 1 (16 ounce) can pumpkin OR | 1/2 teaspoon salt |
| 2 cups Homemade Pumpkin filling | 1 teaspoon cinnamon |
| (see recipe below) | 1/4 teaspoon nutmeg |
| 1 (12-ounce) can evaporated | 2 eggs, slightly beaten |
| fat free milk | 3/4 cup sugar |

Combine pumpkin, sugar, eggs, salt and spices. Gradually add evaporated milk. Mix well.

Pour into greased casserole dish. Bake at 375° oven for 45 minutes or until knife inserted in the center comes out clean. Cool and eat.

Makes 6 servings.

Homemade Pumpkin Filling



Clean pumpkin well. Remove seeds and pulp. Cut pumpkin into 4 - 6 inch chunks. Put 2 inches of water in bottom of large kettle.

Place pumpkin chunks in water. Bring to boil. Cook pumpkin about 20 to 25 minutes, until tender. Drain.

Cut cooked pumpkin off rind. Place in blender and blend until smooth. Use right away or freeze in 1 cup portions in freezer bags or containers.



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Adapted from the Eau Claire City/County Health Department WIC Program

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